

# SPINACH

## CANNED

for use in the USDA Household  
Commodity Food Distribution Programs

9/25/02

### Product Description

**Canned Spinach** is U.S. Grade A, and comes in whole leaf, cut leaf, sliced, and chopped varieties.

### Pack/Yield

Spinach is packed in a 13.5 oz. can, which yields 2 half-cup servings after draining.

### Storage

- Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration.
- Store opened spinach in a tightly covered nonmetallic container and refrigerate. Use within 2 to 4 days.

### Preparation

- Canned spinach should be heated only to serving temperature and served soon after heating.
- Add flavor to canned spinach by seasoning with garlic, pepper, lemon juice, or Parmesan cheese.
- Drained and chopped spinach is excellent as a healthy filling for pasta and enchiladas.



U.S. Department of Agriculture

### Nutrition Information

- Spinach is an **excellent source** of vitamins A and C, and is a **good source** of calcium, iron, and fiber.
- Spinach is very low in sodium.
- ½ cup of spinach provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

<b>Nutrition Facts</b>	
Serving size ½ cup (107 g) Spinach, cooked and drained	
<b>Amount Per Serving</b>	
<b>Calories</b> 25	Fat Cal 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>2%</b>
<b>Total Carbohydrate</b> 4g	<b>2%</b>
Dietary Fiber 3g	<b>10%</b>
<b>Protein</b> 3g	
Vitamin A 190%	Vitamin C 25%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	

## Confetti Meatloaf

1½ pounds lean ground beef  
½ (13.5 ounce) can spinach, squeezed dry and chopped  
2 carrots, grated  
1 tablespoon Worcestershire sauce (optional)  
1 egg, beaten (**or** ¼ cup egg mix + ¼ cup water, mixed)  
½ cup vegetable or tomato juice  
¼ cup grated Parmesan cheese (optional)  
¼ cup fine dry bread crumbs or crushed crackers  
¼ cup onion, finely chopped  
black pepper, to taste

1. Preheat oven to 350°F.
2. Combine all ingredients and mix well.
3. Form into a loaf, and place in a 1-quart loaf pan.
4. Cover with foil and bake 50-55 minutes, or until meat thermometer inserted in center of meatloaf reads 160°F.
5. Drain juice from pan and top with sauce. Bake uncovered 5 to 10 minutes.

**Serves 8**

### Sauce:

¼ cup vegetable or tomato juice  
¼ cup ketchup

*Recipe provided by the Texas Beef Council*

#### Nutrition Information for each serving of Confetti Meatloaf:

Calories	290	Cholesterol	95 mg	Sugar	3 g	Calcium	94 mg
Calories from Fat	155	Sodium	310 mg	Protein	24 g	Iron	3 mg
Total Fat	17 g	Total Carbohydrate	9 g	Vitamin A	630 RE		
Saturated Fat	7 g	Dietary Fiber	1 g	Vitamin C	11 mg		

## Spinach Cakes

2 (13.5 ounce) cans spinach  
½ medium onion, chopped  
1 tablespoon butter  
¼ cup dry bread crumbs  
salt and pepper (optional)  
2 eggs, beaten (**or** ½ cup egg mix + ½ cup water, mixed)

1. Heat spinach and drain well.
2. While spinach is cooling, brown onions in butter for 4-5 minutes.
3. Combine the spinach and onions in a bowl with bread crumbs.
4. Season with salt and pepper, if desired, and add eggs.
5. Heat a nonstick pan and coat with cooking spray. Drop spoonfuls (about ⅓ cup) of spinach mixture into skillet and cook both sides until lightly browned.

*Recipe provided by Indiana Department of Education*

**Serves 6**

#### Nutrition Information for each serving of Spinach Cakes:

Calories	300	Cholesterol	30 mg	Sugar	3 g	Calcium	344 mg
Calories from Fat	135	Sodium	550 mg	Protein	13 g	Iron	2 mg
Total Fat	15 g	Total Carbohydrate	31 g	Vitamin A	769 RE		
Saturated Fat	5.5 g	Dietary Fiber	4 g	Vitamin C	7 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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